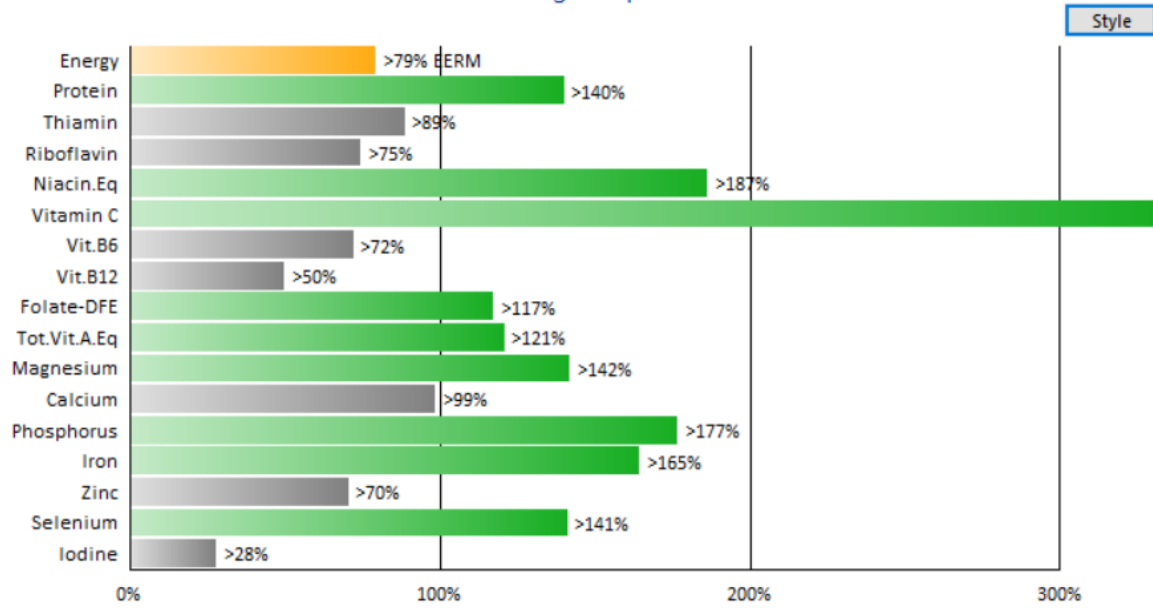


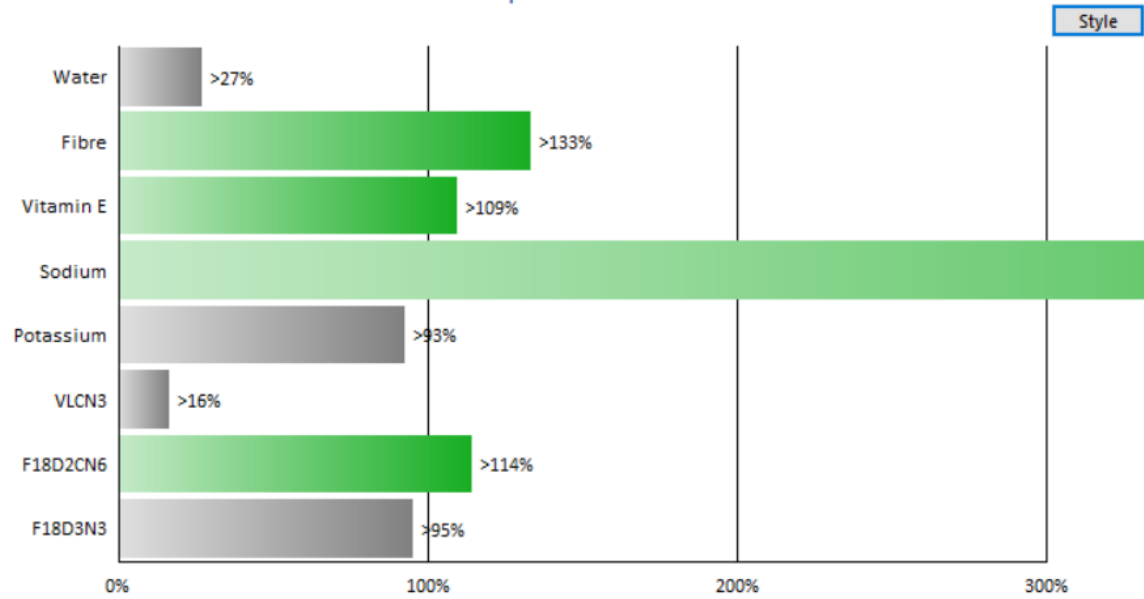
EAR	AI	RDI	UL	Min.SDT	Max.SDT	Min.Goal	Max.Goal	PFCA	PMS	
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Estimated Average Requirement

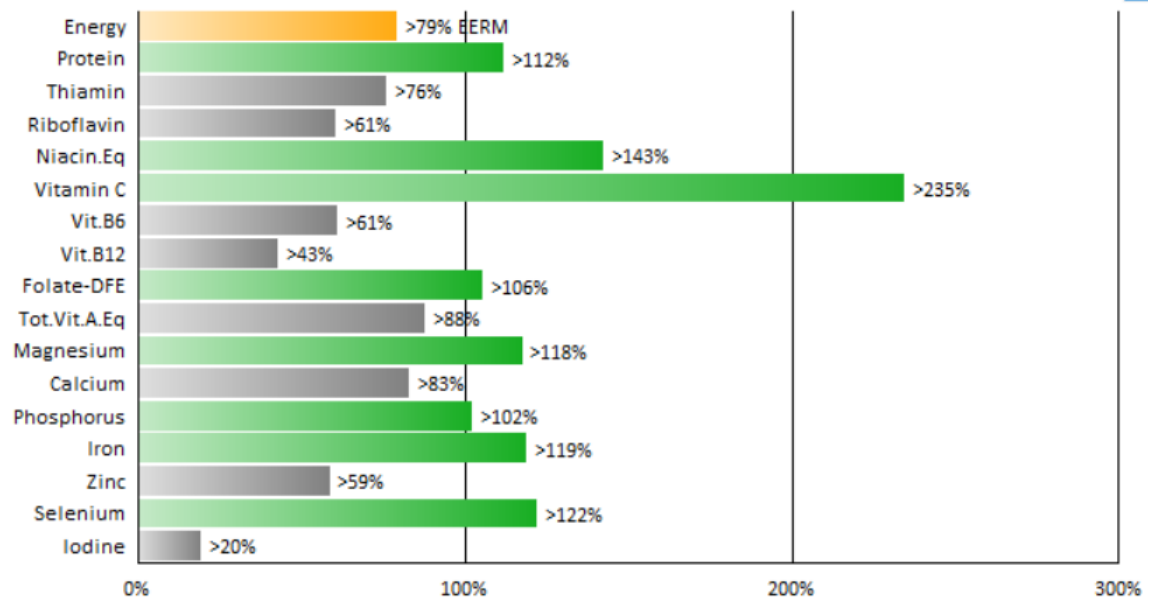


EAR	AI	RDI	UL	Min.SDT	Max.SDT	Min.Goal	Max.Goal	PFCA	PMS	
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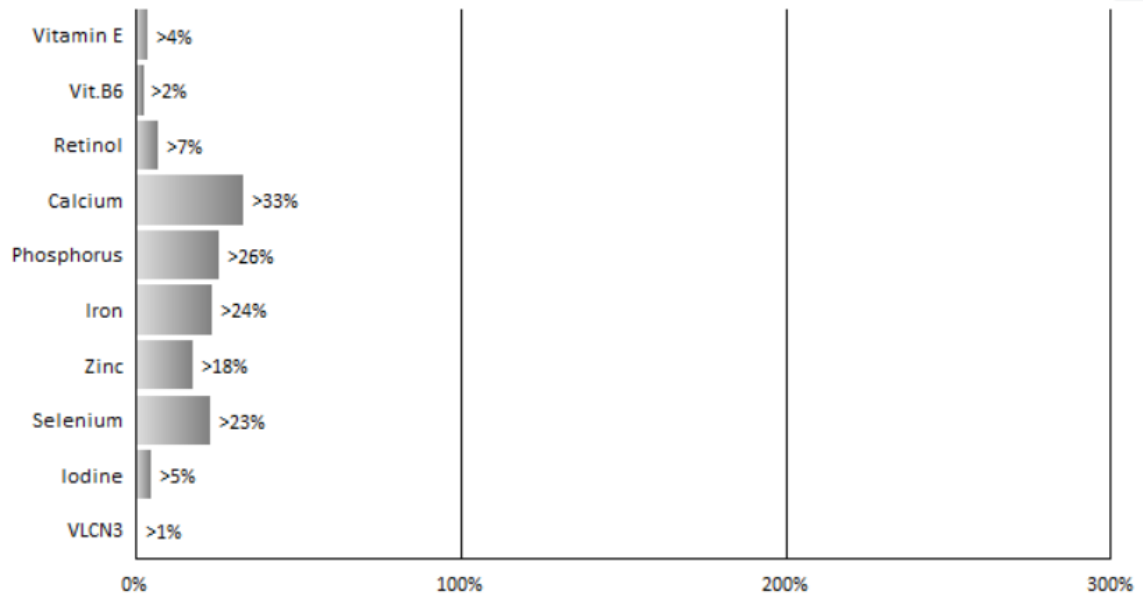
Adequate Intake



Recommended Dietary Intakes



Upper Level of Intake



Avg/Day	1MJ	
All Components		General
Summary		Weight >1822.6 g
Profile		Macro-Nutrients
NRVs		Energy >9795.3 kJ
SDT		Protein >80.1 g
Goals		Total fat >93.6 g
		Saturated fat >30.5 g
General		Trans Fatty Acids >0.8 g
Macro-Nutrients		Polyunsaturated fat >14.7 g
Vitamins		Monounsaturated fat >25.1 g
Minerals		Cholesterol >110.2 mg
Energy Ratios		Carbohydrate >279.2 g
Fat Ratios		Sugars >105.1 g
Fatty Acids		Added Sugars >25.6 g
Amino Acids		Free Sugars >35.9 g
Intolerances		Starch >172.7 g
Food Groups		Water >950.1 g
Miscellaneous		Alcohol >1.6 g
EER		Dietary fibre >40.0 g
EAR		Ash >13.8 g
AI		Vitamins
RDI		Thiamin >1.063 mg
UL		Riboflavin >0.970 mg
		Niacin >9.829 mg
		Niacin equivalents >24.249 mg
		Vitamin C >199.402 mg
		Vitamin E >12.043 mg
		Tocopherol, alpha >9.382 mg
		Vitamin B6 (by analysis) >1.226 mg
		Vitamin B12 >1.199 µg
		Total folate >494.021 µg
		Folate,total DFE >527.954 µg
		Folic acid >50.678 µg
		Food Folate >443.433 µg
		Total vitamin A equivalents >966.904 µg
		Retinol >203.758 µg
		Beta carotene equivalents >4582.294 µg
		Beta carotene >3749.103 µg
		Minerals

Minerals

Sodium	>2817.183 mg
Potassium	>2961.680 mg
Magnesium	>376.160 mg
Calcium	>830.216 mg
Phosphorus	>1024.542 mg
Iron	>10.694 mg
Zinc	>7.043 mg
Selenium	>91.789 µg
Iodine	>52.663 µg

Energy Ratios

kJ from protein	?
kJ from fat	?
kJ from saturated fat	?
kJ from trans fat	?
kJ from carbohydrate	?
kJ from alcohol	?
kJ from fibre	?
kJ from others	?

Fat Ratios

Fat as mono	?
Fat as poly	?
Fat as saturated	?

Fatty Acids

Very long chain N3 fatty acids	>0.024 g
F18D2CN6 linoleic	>13.690 g
F18D3N3 alpha-linolenic (ALA)	>1.141 g
F20D5N3 eicosapentaenoic (EPA)	>0.001 g
F22D5N3 docosapentaenoic (DPA)	>0.005 g
F22D6N3 docosahexaenoic (DHA)	>0.018 g

Amino Acids

Tryptophan	>0.6 g
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Intolerances

Salicylates	?
Amines	?
Glutamates	?

Avg/Day	1MJ	
All Components		F22D5N3 docosapentaenoic (DPA) >0.005 g
Summary		F22D6N3 docosahexaenoic (DHA) >0.018 g
Profile		Amino Acids
NRVs		Tryptophan >0.6 g
SDT		Intolerances
Goals		Salicylates ?
		Amines ?
		Glutamates ?
General		Food Groups
Macro-Nutrients		GRAINS >4.54 serve
Vitamins		- Refined >3.41 serve
Minerals		- Wholegrains >1.14 serve
Energy Ratios		· Wholegrains percent ?
Fat Ratios		FRUIT >3.44 serve
Fatty Acids		- Citrus, melons & berries >0.30 serve
Amino Acids		- Other fruit >1.92 serve
Intolerances		- Fruit juice >1.22 serve
Food Groups		· Fruit juice percent ?
Miscellaneous		VEGETABLES >4.02 serve
EER		- Dark green vegetables >0.28 serve
EAR		- Red & orange vegetables >0.66 serve
AI		- Tomatoes >0.09 serve
RDI		- Other red & orange vegetables >0.57 serve
UL		- Starchy vegetables >0.18 serve
		- Potatoes >0.12 serve
		- Other starchy vegetables >0.06 serve
		· Starchy vegetables percent ?
		- Legumes >0.08 serve
		- Other vegetables >2.82 serve
		PROTEIN FOODS >2.53 serve
		- Red meats ?
		- Poultry ?
		- Eggs >0.18 serve
		- Processed meats ?
		- Organ meats ?
		- Seafood high in LC N-3 ?
		- Seafood low in LC N-3 ?
		- Nuts & seeds >0.64 serve
		- Legumes >0.04 serve
		- Soy products >1.68 serve

DAIRY	> 0.76 serve
- Milk	> 0.11 serve
- Cheese	> 0.09 serve
- Yoghurt	> 0.33 serve
- Milk alternatives	> 0.22 serve
OIL EQUIVALENTS	> 11.2 tsp
SOLID FAT EQUIVALENTS	> 3.4 tsp
ADDED SUGARS	> 5.5 tsp
· kJ from added sugars	> 368.6 kJ
· kJ from added sugars percent	?
ALCOHOLIC DRINKS	> 0.17 sd
UNCLASSIFIED WEIGHT	> 212.06 g
· Unclassified weight percent	?
UNCLASSIFIED kJ	> 490.10 kJ
· Unclassified kJ percent	?
Miscellaneous	
Caffeine	> 150.2 mg